

# the Wharf

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FREE

AUGUST 2, 2012



## TECH CITY II

CWG nets expert to lead march into digital age



PAGE 3

## PARK LIFE

Vicky puts on show to capture Olympic spirit



PAGE 10

## WHERE TO EAT ON THE WHARF



Our  
listings  
on a plate  
Pages 4-6

**SPECIAL** Wakeboarding in the Royal Docks **P54** **WIN** Life-sized talking Ted, dinner & tickets **P56**



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## WEATHER

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20C SUNDAY Showers

20C MONDAY Cloudy



## TRAVEL

## TUBE &amp; DLR

All Tube lines are running.

However, expect

congestion.

## ROADS

Greenwich Park is closed until October. The Olympic Route Network is in operation.

Transport hotspots which change so go to [getaheadofthegames.com](http://getaheadofthegames.com)

Don't even THINK of going home until  
**4.30pm**  
when you can check our daily travel update

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## NEWS

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ESTABLISHED 1998

## Agenda

## Why I'll be travelling light this summer

Summer holidays mean summer reading. Whether you're prostrate in the park, blistering on the beach or posing by the pool, chances are you'll be enjoying a good book. Even those worrisome people who don't read during the rest of the year (serial killers or accountants) look for printed stimulation in the holiday season.

And I don't mean *Fifty Shades Of Grey*, unless of course you're reading one of the 20 million copies sold. And what are the chances of that?

I have a voracious appetite. (For books. We've left the whole sadomasochism thing behind, keep up.) I

## BLONDE'S EYE VIEW



ANGELA CLARKE

packed so many paperbacks one year it took two muscly Italian waiters to carry my case into the hotel. That was a good year.

Hubby searches my luggage for hidden hardbacks with more fervour than customs officials looking for drugs. I've admitted weight limit defeat: I've bought a Kindle. I can hear my dust jacketed friends weeping softly. "Don't worry, books, I'll read you at home. Then buy you again digitally to finish while I'm away!"

I'm a covert convert. Kindles are so light. If I finish everything I can download a book I really want, instead of resorting to the Penny

Vincenzi with the missing pages someone's abandoned in the room.

I've even overcome the ugly grey plastic e-reader aesthetic. Why do all electronics companies, bar Apple, think that's attractive? I fixed mine Blue Peter sticky-backed plastic.

I was set to travel with my new toy. I ran round the house waving the device like a mobile phone, trying to get signal, trying to download half of Amazon. It wasn't having it.

You don't get that with a paperback. Let me know if you see any muscley Italians... *Find Angela on twitter: @TheAngelaClarke*

## Reuters' view



Britain's flag bearer Chris Hoy holds the national flag as he leads the contingent in the athletes parade during the opening ceremony of London 2012

Olympics in photos  
Pages 50-51

## 60 Second Wharf

## Right royal line-up

The Queen, marking 25 years of London City Airport, was just one of the VIPs heading to Docklands.

Page 8

## Boot camp bruiser

Ex-Marine Chris Geran is putting Wharfers through their paces with his boot-camp on Wood Wharf.

Page 48

## In the people's park

Residents and visitors are taking advantage of a people's park where the Olympics are centre of attention.

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## Wake-up call

Beth Allcock took to the waters of the Royal Dock to try her hand at wakeboarding.

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## The Wharf

During the Olympic Games, staff may be working remotely to avoid transport congestion. Please contact us by email rather than by phone, which may not be answered promptly or at all.



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## ONLINE

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**wharf.co.uk**



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# Wharf nets Tech City boss to push its digital agenda



Eric Van Der Kleij will join Canary Wharf Group with the aim of linking businesses with the new tech scene

## BUSINESS

Group looking to diversify as east aims to become Europe's leading tech player

**Giles Broadbent**  
@wharf.co.uk

**W**ith pressure on the financial services, the vast swathes of east London aiming to embrace the digital age, Canary Wharf Group has made a strategic shift in emphasis.

With the appointment of Tech City chief executive Eric Van Der Kleij as a strategic adviser, the group is aiming to diversify its tenant base and activities and capture the wave of the technology, media and telecoms growth sectors.

The appointment of the man who will leave Tech City Investment

## FACTFILE

■ Technology, media and telecommunications companies at Canary Wharf include: Cithub; Infosys; Trinity Mirror; 3i Infotech; Interquest; Ricoh UK; Samsung; Sungard; Thomson Reuters; Oracle Financial Services; Instinet; McGraw-Hill; Ogilvy & Mather  
■ Canary Wharf Group has launched Wired Wharf, a social network for the technology, media and telecoms community.

Organisation in September, coincides with the unveiling of iCity as the preferred bidder for the Olympic media centre while plans are moving ahead for a digital cluster in the Royal Docks Enterprise Zone.

Mr Van Der Kleij said: "London business districts need to respond to the rapidly changing needs of technology companies, from start-ups to mature and expanding businesses. "London is doing very well at the

technology start-up stage, but more can be done to accommodate larger, growing companies looking for the very best in office technology, sustainability and lifestyle.

"Technology companies also want to be located as close as possible to their sources of business, talent and investment, which potentially makes Canary Wharf the ideal place to expand."

Mr Van Der Kleij will advise on linking Canary Wharf's established financial and professional services companies with London's burgeoning technology scene, providing growing companies with office space, amenities and opportunities to win new business and attract finance, talent and mentoring.

The estate is already a leading technology centre with more than one million square feet occupied by companies such as Thomson Reuters, Infosys and Ogilvy & Mather, directly employing 7,000 people. Many thousands more work within the financial services companies, making it one of the world's most technologically intensive districts.

Sir George Iacobescu, chairman and chief executive of Canary Wharf Group, said: "[Eric] will help us to create new, customised business locations, fused with technology and an attractive lifestyle, that aim to match exactly what businesses will require 20 or 30 years into the future.

"Canary Wharf can help growing technology companies connect with the business opportunities, talent, investment and advice provided by the world's leading financial services providers already established here."

## Way forward for banks

**BUSINESS  
blog**  
[wharf.co.uk](http://wharf.co.uk)

THIS move by Canary Wharf Group could be the huge boost that the finance industry is looking for in order to get back on track and start innovating around their external products, internal infrastructure and maybe even how they see themselves.

If you can manage to establish a relationship between the bankers and the hip, innovative start-up guys, you can benefit immensely on both sides, as you help the finance sector get back to a place where it's more respected, more open and more credible. Jannick Malling, CEO of Tradable More at [wharf.co.uk](http://wharf.co.uk)

## NEWS IN BRIEF

### Business news

#### Gulliver says drug link is 'shameful'

**BANKING** Chief executive of Wharf-based bank HSBC has apologised for the "shameful and embarrassing" US money laundering scandal which is likely to cost it £444million.

Despite provisions for the scandal, it still reported an 11 per cent year-on-year increase in pre-tax profits for the first six months of £8billion.

#### Broadband gulf is affecting business

**TECHNOLOGY** The House of Lords has criticised the Government's approach to broadband saying it has no strategy.

The communications committee said that the focus on speed rather than national infrastructure risked leaving businesses behind.



Stuart Gulliver: Apology

#### Barclays faces new FSA investigation

**BANKING** Another of Canary Wharf's scandal hit banks was mired in more problems this week with news that Barclays employees were under investigation over commission paid out to help secure £7billion in investment in November 2008.

Finance director Chris Lucas is among those under scrutiny from the Financial Services Authority, which wants to know if payments were properly disclosed.

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## Cover story

### GREAT BRITAIN

#### CANTEEN

Park Pavilion, Canary Wharf, [canteen.co.uk](http://canteen.co.uk)  
Traditional English fare abounds whether you fancy afternoon tea, a mouth-watering roast or a sweet treat. Bar serves wine, beer and cocktails.

★★★★★

 **Jessica Ennis, Heptathlete**  
The 26-year-old World Championship runner up bids for gold on Saturday.



#### BROWNS BAR AND RESTAURANT

West India Quay, [browns-restaurants.co.uk](http://browns-restaurants.co.uk)  
Offers English cooking with a modern twist and a sunken bar to relax in. Daily specials reflect an emphasis on fresh produce.

★★★★★

 **Rebecca Adlington, Swimmer**  
Bronze in the 400m freestyle already but will she retain gold in the 800m?



#### BOISDALE OF CANARY WHARF

Cabot Square, [boisdale.co.uk](http://boisdale.co.uk)  
A corner of Scotland at the heart of the Wharf. Designed to offer something to everyone, the very best is on offer here, be it cigars or whisky.

★★★★★

 **Mo Farah, 5,000m and 10,000m**  
Long-distance Newham and Essex Beagle takes on two tough challenges.



Perfect cocktail ingredients?

# Balance, poise and a perfect structure

### SCOTLAND

Top mixologist tells **Jon Massey** why she takes her bar staff back to classics for the best results

**C**ocktails are easy right? You just pluck the ingredients from the bar, chuck 'em in, give it a good old shake and strain the contents into a fancy glass.

Then maybe an olive or a chunk of peel. That's why, if you come round my gaff, the best you're likely to get is something that tastes, at best, reasonable, at worst, lamentable.

If you pop over to Hannah Lanfear's though, or stalk her in her native

territory at Boisdale of Canary Wharf, it will be gold medal-grade.

She has, for the second year running, seen one of her cocktails (the Grapefruit Whistle-stop) included in Gaz Regan's internationally recognised annual manual for bartenders – only one of eight London mixologists to feature.

Hannah has been behind the bar and the bar staff at the venue since it opened and has instilled in her underlings what she sees as the vital skills necessary for them to deliver a service above and beyond that found in other Wharf bars.

"You can't make drinks unless you know how to make your classics – it's the only way to learn structure and

balance," said Hannah who learnt her craft at Milk and Honey in Soho.

The level of training the bartenders here get means they are capable of making their classics very, very well.

"The training when I had at Milk and Honey was very strict. My drinks would get thrown in the sink.

"My head bartender would stand next to me and taste every single drink and would toss them away, which was heartbreaking as you had to make the next one even quicker. I went home in tears on many an occasion but it's like any sort of discipline, it makes you a stronger individual and a stronger finished product."

Hannah rose to head bartender before leaving to manage The Hyde in Bermondsey Street and was then headhunted to join the team at celeb hangout Bungalow Eight.

However a phone call from a former colleague after a period consulting in Copenhagen and a flirtation with

music journalism saw her drawn into the Boisdale fold.

She said "I knew Boisdale but it didn't have a reputation for having fantastic cocktails at that point, more the charm of its Scottish heritage, the fantastic food, wine and whisky. But in this new flagship site they wanted to have a cocktail offering.

"I thought the building had a great vibe, it's magnificent in size, and I decided to stay and to do the job.

"I'd always moved around before,

**W** What would you recommend?  
  
**"If you're a banker it has to be a martini, perhaps a Gin and It at the end of the day"**  
**Hannah Lanfear**  
Mixologist at Boisdale



## ELEPHANT ROYALE

### Royal Thai Cuisine

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MON - THURS: NOON - 3PM and 5.30PM - 10.30PM

FRI: NOON - 3PM and 5.30PM - 12PM

SATURDAY: NOON - 12PM SUNDAY: NOON - 10.00PM

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### FOOD REVIEW

**TOM** Badcock knows cheese. In fact during some parts of the special wine and cheese tasting event at Boisdale last week, I fancy he might actually be made of the stuff himself.

A potent hunk of cheddar passionately exuding its flavour, unfolding the science of its genesis.

But Badcock makes a slight miscalculation. The assembled suits, lured by the promise of the world's priciest dairy derivative, aren't interested in technicalities.

They want to get on with his stunning platter and gulp wines expertly picked by Boisdale deputy MD Nathan Evans.

Finally, the Swedish moose milk cheese (order a week in advance). It's rarity rather than taste that generate the £400 per lb price tag.

As to the real mystery: what is Tom made of? He solves it for us: "When I die I will have Roquefort in my coffin."

★★★★★

JM

but I feel like I've found my roots here. I love my team, I love the bar."

So what can people new to the Canary Wharf venue expect?

She said: "Our list is a really nice mixture of vintage cocktails, lost cocktails and some super tasty ones. You have the history of the cocktail."

"Within 30 drinks we've managed to encompass a wealth of flavours."

"There's no one drink that's more popular than the others here. If you're a Wharf you should walk in and let your bartender guide you to the right drink to suit your mood. If you're a banker it's got to be a martini, perhaps a Gin and It. I love a great gin martini, the wetter the better and a bit dirty."

"My favourite drink on the list is the Roosevelt (£9), which has two parts Tanqueray gin to one part Dolin and a dash of Fee Brothers Orange Bitters." Go to [boisdale.co.uk](http://boisdale.co.uk).



JON MASSEY

**AMERICAS****WAHACA (Mexican)***Park Pavilion, [wahaca.co.uk](http://wahaca.co.uk)*

Spicy burritos and other Mexican bites are dished out at this restaurant chain founded by Masterchef winner Thomasina Miers.

★★★★★

**Oscar Valdez, Boxing**

In the hunt for a medal in the bantamweight competition.

**GOODMAN (American)***South Quay, [goodmanrestaurants.com](http://goodmanrestaurants.com)*

This steakhouse is currently in the shadow of the huge Deutschland boat. Worth a walk down to for the meat and the yachts.

★★★★★

**LeBron James, Basketball**

The 6ft 8ins Miami Heat player is one of the biggest stars in town.

**BYRON (American)***Cabot Place East, [byronhamburgers.com](http://byronhamburgers.com)*

With an informal, US feel wash your premium burger down with a thick shake or one of host of American beers.

★★★★★

**Tyson Gay, Athletics**

One of the fastest men ever, Gay needs to overcome Usain Bolt.

**GAUCHO (Argentinian)***Westferry, [gauchorestaurants.co.uk](http://gauchorestaurants.co.uk)*

The original Canary Wharf steakhouse situated at the beautiful setting by the Thames. High quality meats.

★★★★★

**Nicolas Uriarte, Volleyball**

The 22-year-old beat his father (the Australian coach) this week.

**CARIBBEAN SCENE (Jamaican)***Royal Victoria Dock, [caribbean-scene.co.uk](http://caribbean-scene.co.uk)*

Authentic Caribbean cuisine from a restaurant based a short DLR ride from the Wharf, next to the Excel centre.

★★★★★

**Usain Bolt, Athletics**

Three golds in Beijing, but can he repeat his performance here?

**MANHATTAN (American)***West India Quay, [marriott.co.uk](http://marriott.co.uk)*

Dine out on the terrace when the sun is on show at this new steakhouse attached to a hotel while drinking fine wines by the glass.

★★★★★

**Sanya Richards-Ross, Athletics**

The sprinter is looking for gold in the 200m and the 400m.

**KRISPY KREME (American)***Canada Place, [krispykreme.co.uk](http://krispykreme.co.uk)*

Not quite a restaurant but what better way to celebrate than with a sugar rush. Singles or boxes of a dozen for big victories.

★★★★★

**Jennifer Suhr, Athletics**

The pole vaulting star has high hopes for a medal at 2012.

**TORTILLA (Mexican)***Canary Wharf DLR, [tortilla.co.uk](http://tortilla.co.uk)*

The Californian-Mexican fast food taco shop is a quick-fix spice outlet, usually with a queue stretching outside at lunchtimes

★★★★★

**Eder Sanchez, 20k walk**

Eder, 26, is in the army and holds national records in 5k and 10k.



Hannah Lanfear believes her bar staff at Boisdale offer a superior service. Left, her Grapefruit Whistlestop

**RESTAURANT**  
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# Cover story

## ASIA

### ROKA (Japanese)

Park Pavilion, [rokarestaurant.com](http://rokarestaurant.com)  
Serves contemporary robatayaki cuisine.  
Go for the tasting menu, sushi and sashimi  
dishes or the likes of Wagyu Gunkan.

★★★★★



**Kaori Matsumoto, Judo**  
Kaori was the first Japanese to  
win gold in London in the -57kg.



### MEMSAHEB ON THAMES (Indian)

Isle of Dogs, [memsaheb.net](http://memsaheb.net)  
Delia Smith, Sir Ian Botham and Alan Hansen  
are all fans of this cut above Indian in  
Amsterdam Road.

★★★☆☆



**Gagan Narang, Shooting**  
Picked up India's third bronze of  
the games at Woolwich.



### ROYAL CHINA (Chinese)

Westferry, [royalchinagroup.biz](http://royalchinagroup.biz)  
A favourite with those living locally, it's  
also home to a huge fish tank. There are five  
other Royal China's in London.

★★★☆☆



**Liu Xiang, Athletics**  
A big medal hopeful for the  
110m hurdles. Injured in Beijing.



### Sri Nam (Thai)

Location, [website](http://sri-nam.co.uk)  
Wholesome Thai food informally downstairs  
or go upstairs to the main restaurant for an  
experience that's closer to fine dining.

★★★☆☆



**Pimsiri Sirkaew, Weightlifting**  
Pimsiri scored a silver medal on  
Monday night with a lift of 140kg.



# Nations set up a home from home

## DELEGATIONS

### Rob.Virtue

@wharf.co.uk

PRETZELS, bratwurst, roasted pork, a host of Bavarian beers and scores of celebrating Germans can be found at West India Quay.

The Museum of London Docklands has been transformed this summer by the German Olympic Committee, which has taken over the area.

And it includes a fans zone, capable of holding 1,500 people, otherwise known as Deuchtes Haus.

The ground floor area is decked out as a traditional beerhouse where drinkers are able to watch the action from the Games with German commentary.

Other nations are invited to the fun at the venue where entry is free before 5pm and £10 per person thereafter.

In the larger part of the museum, meanwhile, VIPs are entertained in a two-storey private area.

Top athletes from the European country are staying at the museum as well as members of the Olympic Committee.

While the public will be excluded from the main museum until September 16, they will stand to benefit from a number of improvement works to the museum, including an upgrading of the galleries.

At the other side of Canary Wharf by South Quay, the largest ever boat to



The Germans have temporarily taken over the Museum of London Docklands

arrive in Docklands, the MS Deutschland at 175.3m long is hosting more German dignitaries in five-star cruise liner accommodation for this summer's big event.

She had to squeeze into the West India Ship Lock with little over two feet either side to spare before arriving in the deep waters of the dock and makes an impressive sight.

A little closer to the City and Visit-Denmark has taken over St Katherine Docks in Wapping. A highlight is the Olympic Park made out of Lego which

is being built by Warren Elsmore in over 300 hours. There is also a 17m-long Viking ship and fashion and design shows.

The dock's Dickens Inn will be converted into a Danish-style pub for the duration of the Games.

Jamaica, meanwhile, is showing off its cultural highlights at The Bubble at North Greenwich's The O2.

Kenya has its first house at an Olympics at Stratford's East Gallery. Nearby, at the Theatre Royal Stratford East, the Nigerians have set up home.

## EUROPE

### IBERICA (Spanish)

Wharf, [ibericalondon.co.uk](http://ibericalondon.co.uk)  
Spanish culture and cuisine  
collide at this authentic tapas  
restaurant.

★★★★★



**Javier Gomez, Triathlon**  
The 29-year-old is hotly-tipped  
for a medal at this year's Games.



### LEVANTE (French)

West India Quay, [levantabar.com](http://levantabar.com)  
Formerly Le Pont, this  
European bar offers tapas  
and Gallic overtones.

★★★★★



**Pierre Yves Beny, Gymnastics**  
The Lille-born gymnastic is  
striving for success in 2012.



### AMERIGO VESPUCCI (Italian)

Wharf, [amerigovespucci.co.uk](http://amerigovespucci.co.uk)  
One of the older restaurants  
on the Wharf, go for the  
Gamberoni All'Aglio

★★★★★



**Vanessa Ferrari, Gymnastics**  
The former world champion  
is hoping to shrug off injury woes.



### NICOLAS (French)

Wharf, [nicolas.com](http://nicolas.com)  
A wine bar and shop offering  
a wide selection and delicious  
plates of food.

★★★★★



**Jeremy Beccu, Boxing**  
The 21-year-old competes in the  
men's light flyweight category.



### PLATEAU (French)

Wharf, [plateau-restaurant.co.uk](http://plateau-restaurant.co.uk)  
An elegant dining experience,  
presenting classic French  
dishes with a twist.

★★★★★



**Renaud Lavillenie, Pole vault**  
The Frenchman's strong run of  
form has put him in contention.



### CAMINO (Spanish)

Westferry, [camino.uk.com](http://camino.uk.com)  
Tasty tapas and platters and a  
wide collection of wines and  
sherries to slake a thirst.

★★★★★



**Eusebio Caceres, Long Jump**  
Hoping to build on his silver in  
the Junior World Championships.



### JAMIE'S ITALIAN

Wharf, [jamieoliver.com](http://jamieoliver.com)  
Italian grub at affordable  
prices is the order of the day  
at this popular restaurant.

★★★★★



**Valentina Vezzali, Fencing**  
This legend was only able to  
manage bronze at London 2012.



### LE RELAIS DE VENISE (French)

Wharf, [relaisdevenise.com](http://relaisdevenise.com)  
Frills-free Salad, steak and  
frites taken to another level.

★★★★★



**Teddy Riner, Judo**  
The youngest-ever World  
Champion will be going for gold.



## AMERIGO VESPUCCI



THE FUTURE IS CLEAR.  
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0207 513 0288



## News



The Isle of Dogs came out in force for its Big Weekend which saw residents celebrate their own mini-version of the Olympic Games. Organiser Stuart Cathrow said: "We wanted to give the people on the island a chance to celebrate."



JAMES PERRIN



Museum of London Docklands\*\* | 26.07. – 12.08.2012

Opening hours: 12pm – 1am | Admission: £10\*

Public viewing of the Olympics, live music every night, German drinks and food – enjoy the Games in an amazing atmosphere! Visit the German Fan Fest at the home of the German Olympic Team.

Museum of London Docklands  
West India Quay  
Canary Wharf  
London E14 4AL

Deutsches Haus London 2012  
  
 German Fan Fest  
[www.germanfanfest.com](http://www.germanfanfest.com)

\*Admission will be charged from 5 pm, during daytime entrance free  
\*\*West India Quay (DLR), Canary Wharf (Jubilee Line)



St Katharine Docks • 27 Jul - 12 Aug • 11am - 10pm

VisitDenmark 

**Come** - Discover the Danish spirit at this FREE and fun-filled event 27 July - 12 August for families, couples and singles of all ages. Perfect for a planned day out or pop-in after work to relax in a great atmosphere with Tower of London as your neighbour.

#### WHAT'S ON... 27 July - 12 August - ALL DAYS

FREE hotdogs / Viking Ship / Danish beer pavilion / LEGO® models and windmill / Designer pop-up shops incl. Pandora / Tall Ship docked in the marina (27 Jul - 5 Aug) / Holiday Cottage / VisitDenmark pavilion / Entertainment, competitions and balloons for the children

#### Special Event Days

- Opening ceremony 27 July  
Opened by HRH Prince Consort of Denmark
- Food and Drink festival 27 - 29 July  
Gastronomic delights and tasters
- H.C. Andersen 30 July - 3 August  
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## Family / P49

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# People

## POLITICAL NOTES & VIEWS

With Peter Golds  
Conservative, Blackwall & Cubitt Town

If anybody had doubts as to the enthusiasm for London 2012, then the numbers that have gathered to watch the torch all over the country will have stopped this.

The Torch officially arrived by helicopter, landing outside the Tower of London on the Friday before opening. Huge crowds were present on Saturday when the torch began its tour of London before the triumphant entry into the Stadium last Friday for the spectacular opening.

This is London's third Olympic games following on from 1908 and 1948. These games are a world apart from 1908 at White City, when

the Olympiad lasted from April to October, involved 2,008 athletes (37 of whom were women) and involved 22 nations.

The Wembley games of 1948 were called the friendly games, and involved 4,014 athletes (390 were women), from 59 countries. They were staged in the aftermath of the Second World War and neither Germany or Japan were invited to participate.

As we have seen 2012 is very different – but then so is the world as we welcome 10,500 athletes from 204 nations to east London.

I fervently hope that there will be young people from the East End who will enjoy the modern Olympics, join our local sports and athletics clubs and do their part to increase sporting activity.

**"**  
I hope people will now join our sports clubs



Queen Margrethe II of Denmark arrives to host a reception for businesses on the Royal Yacht Dannebrog at West India Docks



Under fire prospective presidential candidate Mitt Romney and his wife Ann visited the Old Royal Naval College as part of their trip to Europe. The couple, who were in the UK for the opening of the Olympic Games, recorded a programme with Piers Morgan, for CNN, with the Christopher Wren building as a backdrop. The Romneys thanked the Greenwich attraction for its hospitality.



THE Queen returned to City Airport this week 25 years after opening the same terminal building.

She and the Duke of Edinburgh unveiled a plaque at the site to mark the anniversary on Saturday as part of a tour of east London.

The day also saw her visit the Olympic Park less than 24 hours after skydiving into the stadium – if Danny Boyle's opening ceremony is to be believed.

At the airport, which she opened in 1987, a year after the Prince of Wales lay the foundation stone, she met a Paralympian swimmer who is sponsored by the airport.

Amy Marren, 13, from Hornchurch in Essex, will be taking part in three events at the Games following the Olympics.

Later, the Queen went to the top of the ArcelorMittal Orbit to meet Anish Kapoor, who designed the structure.



The Ambassador of Germany Georg Boomgaarden, second right, attends an Olympic party held on MS Deutschland at Canary Wharf

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## NEWS IN BRIEF

Around east London

### Balcony fall man was Wharf banker

**999** A man who fell to his death from a balcony at Tate Modern worked in Canary Wharf as a commercial banking manager, it has been revealed.

Michael Foreman, 48, was an employee at HSBC's head office. Witnesses described their horror as they watched him fall from a balcony at the member's room on to the pavement just before 6pm last Tuesday.

A spokesman for HSBC confirmed he had been reported missing the day before he died.

He said: "Our thoughts are with his wife, Janet, and his family at this very sad time."

### Excel has busiest day in Games

**VENUE** Excel reported its busiest ever visitor day as it became a hub of Olympic events. More than 65,000 visitors came to the venue on Sunday.

Excel is the only venue to be staging events on every day of the Games, hosting seven sports.

Excel CEO Kevin Murphy said: "So far everything has worked perfectly, with transport delivering everyone to the venue smoothly."

### Festival closed for quick revamp

**VENUE** The much-vaunted Peninsula Festival, which was set up with £50,000 of Greenwich taxpayers' money, has been temporarily closed.

A statement said: "We have opted to close the site to improve our facilities."

Organisers have pledged to re-open on August 5. The debacle mirrors that of the troubled London Pleasure Gardens in Docklands.

# Flag-waving at people's Olympic park

London Live brings Games to the big screen with plenty of activities on the side

By Beth Allcock and Rob Virtue

**P**atriotism will show its finest face for the next fortnight in Victoria Park as sports fans come together to celebrate London 2012.

Flags adorned the Tower Hamlets site for the start of BT London Live, a free event boasting three giant screens of live Olympic action.

Residents can take a break from sport at the live music stage which will feature artists including Alexandra Burke.

Energetic youngsters will enjoy the live rope wire, water-zorbing pool and the Have-A-Go Sports Zone, which is led by professional coaches and features displays from a range of Olympic and Paralympic competitors.

And the 55m high BT Observation Wheel at the heart of the park offers panoramic views of the capital.

Rachael Horne, 29, pictured with Nicki Scott, 26, both from Bow, said: "We knew this site was here and live nearby so just came down."

"We've been down here every day because we're teachers and have the summer off."

"There's a great atmosphere in the park although we had to sit through the thunderstorms yesterday."

Sam Cumming, 24, and Tim Edwards,



Rachael Horne, left, and Nicki Scott enjoying London Live



Peter and Pam Bolton came to London via narrowboat



26, of the British Judo national governing body explained they would be on hand to perform a display with members of GB's Olympic team.

Tim, from Lewisham, said: "All around London, the atmosphere has been really good."

Sam, who lives in Surrey, added: "This is the only event we have done but around London it has been exciting."

"We have done displays in shopping centres and we have got a team that go around schools – kids really enjoy



Victoria Park is hosting a range of activites that children can enjoy

doing the sport and it's good to see it here on the television."

Peter and Pam Bolton from Wakefield, in west Yorkshire, said their London Olympic visit was first planned seven years ago.

Pam, 62, said: "We set off on May 27 and have come down by narrowboat and moored down the canal."

The atmosphere is fantastic and everybody is so friendly."

Peter added: "We have got relatives that live in Stratford and we went there last week and that was quite something. We also have tickets for the handball next week."

Jason Viger, 29, from Cambridge, Massachusetts, USA, added: "I just came to London to experience the atmosphere."



Sam Cumming and Tim Edwards of the British Judo governing body

## Bride arrested in cancer con claim

A FINANCIAL Services Authority worker who said she needed to raise thousands of pounds for cancer treatment to save her life has been arrested for fraud.

Danielle Watson, 22, who works as a secretary at the Canary Wharf firm, claimed she was suffering from stage four cervical cancer and had just a 20 per cent chance of survival.

Friends held a charity ball in May to raise £6,000 for intravenous vitamin C treatment alongside chemotherapy.

However, suspicions were raised when Danielle announced she was pregnant.

She was arrested last Friday before being released on bail until next week.

A spokesman for Essex Police said: "We arrested a woman on Friday, July 27, in connection with police inquiries into a charity collection. The 22-year-old was arrested at her home in Billericay on suspicion of fraud by false representation."

"She later released on police bail until August 6 pending further inquiries."

Danielle has denied the charges.

arts & events  
CANARY WHARF

### AUGUST 2012 PROGRAMME OF EVENTS

#### TWILIGHT DELIGHTS: THE BBC BIG BAND AND CLAIRE MARTIN CELEBRATE THE BIG BAND DIVAS

TUESDAY 14 AUGUST / 7PM / CANADA SQUARE PARK / FREE

#### CANARY WHARF JAZZ FESTIVAL

HIGHLIGHTS: COURTNEY PINE / BEATS & PIECES JAMES MORTON SOUL COLLECTIVE WITH MARY PEARCE & SNOWBOY

FRIDAY 17 - SUNDAY 19 AUGUST / FRI 7-10PM / SAT 1.30-10PM / SUN 1.30-8.15PM CANADA SQUARE PARK / FREE

#### TWILIGHT DELIGHTS: BLAME IT ON THE BOOGIE

WEDNESDAY 22 AUGUST / 7PM / CANADA SQUARE PARK / FREE

#### THE LUNCH MARKET

TUESDAY 28 AUGUST / 11AM-3PM / WOOD WHARF / FREE TO VISIT

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TUESDAY 28 AUGUST / 7PM / CANADA SQUARE PARK / FREE

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Space at outdoor events is unreserved and sometimes limited. Portable furniture, glass bottles or glasses are not permitted in Canada Square Park. All details correct at time of press.

# What's on

## STAGE

### The King Must Dance Naked

Theatre Royal Stratford East



A mixture of myth and entertainment is promised in this quirky production.

Fred Agbeyegbe, Nigerian playwright and director, drew on Nigerian law for his latest creation.

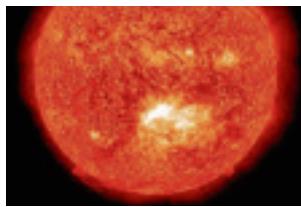
Only one child of royalty, the son, can rise to power and become king. But when the Queen gives birth to twins and comes to the realisation that one must be sacrificed, the words of an oracle state that if her daughter survives, she will one day rise to the throne.

Aug 3-4, 2pm and 7.30pm, £8-£10, [stratfordeast.com](http://stratfordeast.com).

## SCREEN

### Solar Storms

Royal Observatory



Take a spacecraft to the sun without leaving your seat by embarking on the *Solar Storms* experience.

The show will provide an opportunity to see the sun up-close and shine the spotlight on the impact of the vast ball of fire on human life.

A visual trip from the sun's surface to Earth's magnetosphere and a journey to the Arctic circle to sneak a peak at the auroras on Earth is set to captivate the audience.

*Daily from August 4, 2.45pm and 4.15pm with extra viewings during holidays, £6.50 to £17.50, [rmg.co.uk](http://rmg.co.uk).*

## EVENT

### Family Weekender

Old Royal Naval College, Greenwich



Back-to-back days of family fun are in store beside live screenings of the Olympic Games.

The Maypole will be in situ, the Madhatter will offer a glimpse into his workshop and Punch and Judy are preparing to be the stars of the show.

Guests will be able to step inside a village fete and experience the thrills of Voltini's Victorian Slideshow, the Nutkut Maharastra Stilt-walkers and the Bureau of Silly Ideas.

Aug 4-5, 11am to midnight, email [info@greenwichsummerfestival.co.uk](mailto:info@greenwichsummerfestival.co.uk).

# When your boyhood pal just hangs around

## INTERVIEW

Seth MacFarlane brings his crooked imagination to big screen for first time

**Susan Griffin**  
The Wharf

**D**o not be deceived by that cute looking teddy bear on the promos for new film *Ted*.

That bundle of fur is a vulgar, beer-swilling, horny little guy and he doesn't care who knows it.

"*Ted* has a lot of love and enthusiasm and a zest for life but no self-editing mechanism, so what he says is really the first thing that pops to mind," says 38-year-old Seth MacFarlane who wrote, directed, produced and voice the movie.

MacFarlane's been pushing the envelope for more than a decade now, with hit animations *Family Guy*, *American Dad!* and *The Cleveland Show*, which satirise everything from pop culture to politics and include jaw-dropping "can't believe they've just done that" moments.

MacFarlane credits his mum for his X-rated humour.

"There was nothing I could say to my mother that would shock her, no joke I could make that was too offensive," he says.

Combining live-action and CG-animation, *Ted* tells the story of John Bennett, a lonely boy whose Christmas wish is granted when his beloved bear comes to life and becomes a worldwide sensation. They vow to be best friends forever.

Cut to 30 years later though, and the fairytale is very much over.



Mark Wahlberg is still hanging out with his dissolute childhood buddy



Character guy: Seth MacFarlane

While John (Mark Wahlberg) still loves Ted, he's starting to feel the effects of spending his time as his drinking buddy.

Ted's also affecting John's relationship with his ever-so-patient girlfriend Lori, played by *Family Guy's* Mila Kunis.

"There's no obligation for Ted to grow up, or force himself out of this juvenile place, but John has to," MacFarlane says.

"He can't just languish in child-

ishness as his teddy bear does. He has to find this balance between friendship and love."

Like Brian, the Griffins' dog in *Family Guy*, no-one notices the fact he's not human.

"It's a point it would naturally get to in real life," says MacFarlane.

"So once that big moment has passed, what's the other 95 per cent of your life going to be like? That was part of the comedy in *Ted*."

MacFarlane conceived *Ted* as an animated series but soon realised the story would lend itself to a motion picture, particularly in light of the huge advances in special effects.

After enlisting the help of fellow *Family Guy* writers Alec Sulkin and Wellesley Wild, MacFarlane's next task was casting the main man.

"Mark Wahlberg was the perfect fit because he can be hysterically funny, yet he's also able to deliver genuine emotion and realism," said MacFarlane.

"That loveable, gullible character he plays in *Boogie Nights* was something we saw as a jumping-off point for John."

**Win a talking Ted / Page 53**

## MUSIC



### Ashes

Kyla La Grange

★★★★★

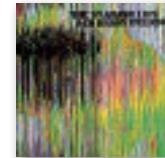
Lingering folk vocals meet tidal waves of sound akin to The Jesus And Mary Chain in Kyla La Grange's mesmerising debut.

A buzz has been building around the Watford singer since the release of single *Vampire Smile*.

La Grange's overwhelming motif is one of lonesome, haunting folk, but there's a rock tinge in *Been Better*, trip-hop in *Woke Up Dead* and echoes of Kate Bush in *Heavy Stone*.

Simultaneously delicate and crammed with astounding power, *Ashes* is a stunning debut from a woman who will soon have the world at her feet.

**Stephen Milnes**



### ... And Heady Fwends

The Flaming Lips

★★☆☆☆

Anyone hoping that alternative rockers The Flaming Lips will recapture the glory of *The Soft Bulletin* should prepare to be disappointed.

*The Flaming Lips And Heady Fwends*, sees the band joined by guest artists such as Bon Iver, Nick Cave, Ke\$ha and Yoko Ono.

For fans, this album – previously released as a limited edition – will fail to hit the spot with Erykah Badu unable to do justice *The First Time Ever I Saw Your Face*. Others may enjoy the change of direction.

**Roni Cooper**

## REVIEW

### Just grin and bear it

#### Ted

(15) 106mins

★★★★★

*Ted* is a deliciously foul-mouthed comedy that employs the magic of digital trickery to bring to life one rotund bear as a buddy for a lonely boy.

Child and toy become inseparable and the furry scamp and his human owner embark on a series of deranged and debauched misadventures.

It's a simple premise – essentially a live action version of *Toy Story* albeit with the eponymous bear accepted as a talking, skirt-chasing entity by everyone he encounters.

Digital effects are excellent, melding the bear with live action in hare-brained action sequences, including a hysterical hotel room punch-up and a climactic race around a sporting venue that may have grown men choking back tears.

**Damon Smith**

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## FITNESS

A month's free trial offers Wharfers the chance to shift the pounds outdoors

**Rob.Virtue**  
@wharf.co.uk

**T**he arrival of the Olympics means Wood Wharf is currently the Monte Carlo of Canary Wharf with the rich and famous docking their superyachts before heading to London 2012 parties.

Come Tuesday, however, and there will be a slightly more strained feel to the site when ex-Royal Marine Chris Geran takes some willing participants of the Reebok Regiment out to the newly laid lawns.

The boot camp-style workout is free to those taking part – even for non-members of Reebok Sports Club in Canada Square – for a one-month trial.

**7**  
Years  
Chris  
spent  
in the  
Marines

It gives the Welsh-born personal trainer, who spent seven years with the UK's elite amphibious force, a chance to show fitness fans what they can do.

"It won't be anything like the marines can be physically," he said. "And we don't do shouting in the Marines, it's more motivation. We're not the army, which stands for 'Ain't Ready for the Marines Yet'."

"We'll be doing power bag drills and calisthenics, such as bending, stretching and jumping."

After serving in Iraq and Afghanistan, Chris then went into the world of private security in some of the world's most dangerous areas.

"I was a mountain leader in the Marines, which is a tough level, involving all sorts of activities, from rock climbing to parachuting and abseiling," he said.

"It was physically demanding and

ROB VIRTUE



Welsh-born personal trainer Chris Geran will train his Reebok Regiment in Wood Wharf using techniques he learnt during seven years in the Marines. Below, power bag drills will form part of the boot camp-style workout

## Boot camp hits the Wharf

when I first left I decided to go for a complete change and became a plumber.

"It wasn't for me though. It lasted just six months and I started doing security in places like Zimbabwe where people would need to change cars seven times to go to the shops.

"I then moved to Libya to do camps for the ex-pat community there, before the troubles started and my fiancee and I decided to get out."

Chris joined Reebok just a few weeks ago and was keen to start the boot camp, which is being backed by Canary Wharf Group.

The workout is probably the first

**W**hat did you do in the Marines?

"I was a mountain leader, which is a tough level involving all sorts of activities from rock climbing to parachuting and abseiling."

time such activity has been held on the Canary Wharf estate and has come about due to the area's management creating a park at Wood Wharf, which is listed in the long-term future for redevelopment.

The plans for Wood Wharf include nearly five million sq ft of office space, 1,500 homes, a high street and a hotel.

Planning permission was granted in 2008, however, no dates have yet been given on when work will begin on the site.

Boats from all over the world arrived in the area last week including Octopus, owned by Microsoft co-founder Paul Allen.

Group exercise manager at Reebok Tanya Camilleri said: "A lot of people do prefer training outdoors especially in the sunny weather and this kind of activity is always well received by our members so I can't see why it wouldn't work."

The sessions have been planned for Tuesdays throughout August between 12.30pm and 1.15pm and Thursdays between 6.30pm and 7.30pm.

*Go to [reebokclub.co.uk](http://reebokclub.co.uk) for more information.*



## TOP tips



**Find your own Olympic spirit over the next few weeks.** Be inspired by the cycling and jump on a Boris bike, watch the world's very best marathon runners and sign up for an autumn charity race. Or at the very least, sprint for the bus Usain-style.



## FITNESS WITH LAURA WILLIAMS

### Get the look: Mark Wahlberg

**T**he star of *Ted* and former rapper with Marky Mark And The Funky Bunch is a keen gym-goer regardless of work commitments.

**How he does it:** As a former Calvin Klein model, a five-times-a-week gym habit has been the norm for many years for actor Mark Wahlberg. Mark lifts heavy weights, boxes and generally keeps his workouts high intensity.

**Do it for yourself:** Adopting the Wahlberg approach is a great way of getting results with minimal time effort. Think boot camp-style classes and meaty weight training sessions if you're looking to chisel your physique this summer.

There are many ways to work out to get fantastic results without

having to go to the gym all the time. While a good session in the free weights area once or twice a week is invaluable, you'll be amazed at the moves you can do on a park bench that rival the bench press – bench box jumps are excellent at developing fast-twitch muscle fibre.

Even a workout at home can do a lot to get you in shape – just a couple of inexpensive pieces of exercise equipment to achieve an exercise session that rivals any gym workout working everything from traps to tris.

Whether you invest in a £15 Swiss ball or a cheap pull-up bar, or push the boat out and buy a popular TRX training system, you really don't need to set up a home gym a la Wahlberg to get his guns.



GETTY

## Q&A

I'm working from home and can't get to a gym over the next few weeks. What else can I do to keep fit?

There are all sorts of ways to keep fitness ticking over and boost it even without the gym.

If you're used to sweating it out on the treadmill, the tarmac will make for a better, tougher workout whereas if you're used to heading to circuit classes, this is one of the easiest things to recreate at home.

You can use garden steps and stairs or try walking lunges along a hallway or even skipping. Star jumps and jumping jacks also make for good aerobic moves to add to the mix.

# Family

## WORKING MUM

By Tabitha Ronson

Off to camp to expend all that energy

Well, they are here. Hooray to the London 2012 Olympics and boo to the summer holidays. The former, I am absolutely loving because they are putting the Great back into Britain; the latter is akin to sticking pins into my eyes.

What's a single working mum to do with a four-year-old boy for eight long weeks? The grandparents are a godsend but there's only so much a couple in their late 60s can do with an exuberant youngster.

I know of families who haven't holidayed together in years, each working parent having to take off separate weeks at a time to cover childcare issues.

This is when I regret my chosen career path. If only I'd been savvy enough to think about teaching as a profession when I was an 18-year-old working out my options. Who needs teaching to be a vocation when it entitles

one to a lifetime of vacation? A last minute find, I booked Master A onto a week-long summer camp last week. It was

a resounding success.

Every day he got to take part in a host of activities and outdoor pursuits from swimming and archery to painting and rounders and, more importantly, he got to play with children of his own age.

For the first time, I didn't feel guilty for being at work, happy in the knowledge that Master A was having more fun than ever he could have with me.

Every day, he was coming home telling me how much he was enjoying the whole experience and that he would like to spend longer at the camp.

I had found the solution to my holiday dilemma. On Friday, when I collected him, I pulled out my cheque book willing to pay whatever to book him on the camp for the rest of the holidays.

"Fully booked! No, you can't be? Surely, you can squeeze him in - he's only little!"

No amount of pleading could alter the fact the camp was running at full capacity.

*Working mum back to grinding her teeth and pulling her hair out, wondering what she can do to ensure Master A doesn't go stir crazy over the holidays...*

# Bringing up children can take a toll on marriage

## PARENTING

Experts urge parents to spend time on each other, not just on raising a family

**Lisa Salmon**  
The Wharf

While many aspects of the lives of Tom Cruise and Katie Holmes are far removed from that of ordinary parents, disharmony over the best way to bring up their child is far from unusual.

Katie is said to have opposed any attempt by Tom to introduce daughter Suri to the controversial Scientology religion.

Indeed, the pressures of raising children puts incredible strain on the partnership bond across the board.

New research by a UK parenting website Yano.co.uk suggests that more than a third of parents argue more with their partner since having children, with the most common rows revolving around parenting style (61 per cent).

Patrick Wanis, a celebrity life coach and relationship therapist, says the best thing parents can do for their kids is to put their marriage first.

"That means regular date nights," he says, "still sharing hopes and dreams, still wanting the best for each other, still taking time to enjoy each other's company as adults and friends."

"Children thrive in a household of open love and affection between their parents. But when parents neglect each other, the children eventually suffer as the marriage falls apart."

The Yano survey found that just one



Tom Cruise, Katie Holmes and their daughter Suri before the break-up

# 63

Per cent of parents who said that their sex life had deteriorated since having children.

in 10 parents made room for a weekly date night, while nearly half (46 per cent) only spend one child-free night a month together.

Agony aunt Suzie Hayman says looking after children can be so exhausting that it's hard to find the time or enthusiasm for anything else.

## What are the pitfalls?

"When parents neglect each other, the children eventually suffer as the marriage falls apart."

**Patrick Wanis**  
Life coach

"You're no longer a couple, you're parents, but what you should be doing is maintaining some of that couple relationship. Don't talk about the kids, talk about each other."

While parenting style is a major cause of disagreement between parents, Hayman points out that while some issues are fundamental, others aren't quite so important.

She says that children are able to recognise that each parent may do things in different ways and their parenting priorities may turn out to be different.

"But you need to be singing from the same hymn sheet on the important things, such as bedtimes, doing homework, wearing seatbelts, etc."

She adds: "People often say that having children isn't going to change them.

"Don't have them if that's what you really think, because believe me, it's going to profoundly change you."

"You can manage those changes and make them for the better, but the only way you're going to do that is by communicating and thrashing out what you both want."

"That communication has to be constant, and you can enjoy your children if you see it as a work in progress."

Contact the Family Lives Parentline on 0808 800 2222, or go to [familylives.org.uk](http://familylives.org.uk)

## education

### FREE SCHOOLS

#### Pupils get a first taste of school

A NEW educational community will be formed this September as the first secondary Free School in Tower Hamlets opens its doors.

Pupils and teachers can now begin organising their agendas and prepping their pencil cases for the opening term at Wapping High School, after the Department for Education signed its funding agreement.

The facility, which is managed by a parents' trust, will be the first new state-funded secondary school to open in the borough for the past 20 years.

Headteacher Paul Guénault said: "An outstanding, experienced teaching team is in place to develop our forward thinking, innovative vision for learning."

The school will cater for children aged 11 to 16 and offer a diverse programme alongside the national curriculum, when it opens for classes on September 5.

And youngsters recently had their first taste of high school life in a special activities day at the site.

Founder Jake Kemp said: "To see the glee on the faces of the students as they were describing the day to their parents and carers at 4pm made the rollercoaster ride that has been the past three years worthwhile."

**Beth Allcock**

## Q&A

During the school summer holidays should I just let my nine-year-old son relax, or should I make sure he does a bit of academic work too?

Parenting expert Naomi Richards, author of *The Parent's Toolkit*, says: "I don't think there are any hard and fast rules around this, although it's important to let your child rest during the holidays."

"The holidays are a perfect

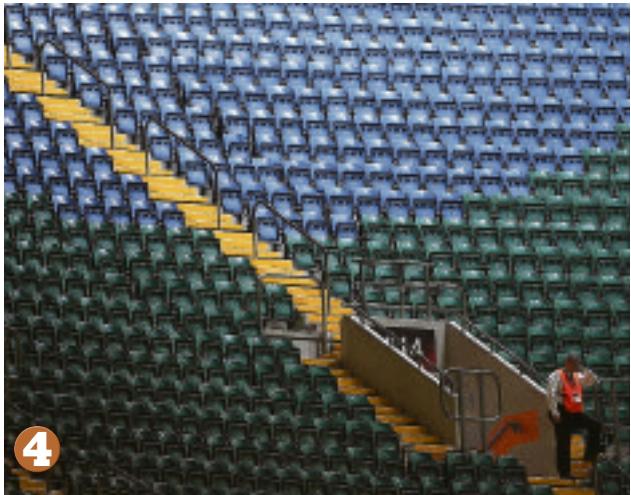
time for them to get up late, have time with friends and family, play and just relax their brain. School can be full-on and so they need the downtime."

"I don't think the teachers expect them to be doing any academic work during this time either, unless it's been set."

"If you're worried that your child will find it difficult to adjust back into school life then perhaps go over what they've been learning by asking them questions."

"You could let him access some learning programmes from the computer that the school recommend, or get them to choose some maths or English books that they can work on."

# Images



**1**  
Fireworks explode over the Olympic Stadium at the opening ceremony of the 2012 Games.

**2**  
The Olympic cauldron is seen alight during the opening ceremony.

REUTERS  
Dylan Martinez

**3**  
Micronesia's Manuel Minginfel drops the weights on the men's 62Kg Group B weightlifting.

REUTERS  
Dominic Ebenbichler



4

Empty seats at the women's first round football match at the Millennium Stadium in Cardiff

REUTERS  
Francois Lenoir

5

Michael Phelps of the US smiles after winning the men's 4x200m freestyle relay final to earn his 19th medal and become the greatest Olympian in terms of medal haul

REUTERS  
Toby Melville

6



6

Nordine Oubaali of France, left, fights against Afghanistan's Ajmal Faisal in the men's Fly (52kg) Round of 32 boxing match at the Excel

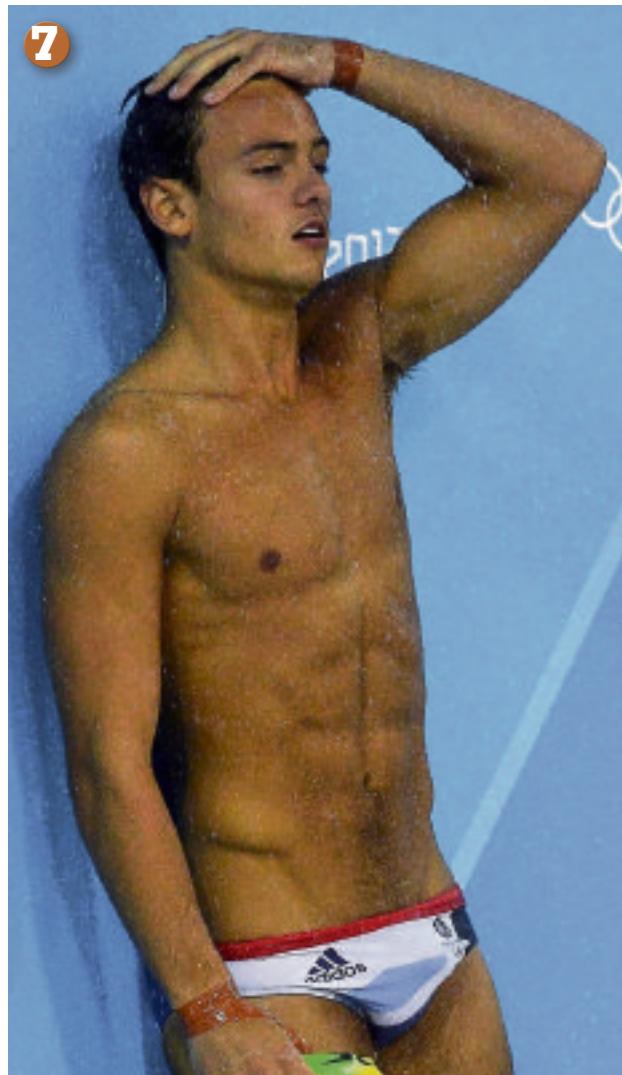
REUTERS  
Murad Sezer

7

Tom Daley rests in between dives in the men's synchronised 10m platform final at the Aquatics Centre

REUTERS  
Toby Melville

7



8



9

South Korea's Shin A Lam sits on the stage after being defeated by Germany's Britta Heidemann during their women's epee individual semi final fencing competition at the Excel venue. The South Korean team staged an official protest after the fencer claimed the match was already over when the winning point was scored

REUTERS  
Fabrizio Bensch

9



REUTERS  
Jorge Silva

# Deal of the day **SAVE 57%**

on two games of 10 pin bowling for four  
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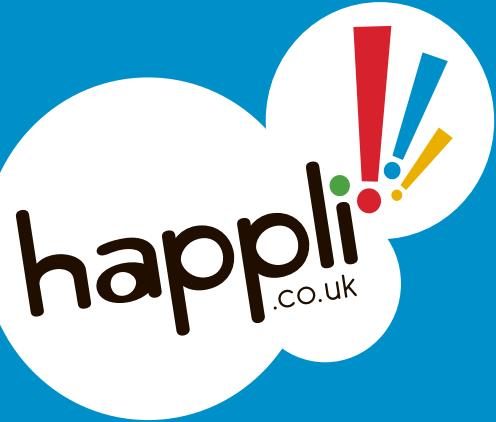
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# Take 5

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## Stars

With Claire Petulengro

### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070  
Your social life should be intriguing and very different from usual. You've grown apart from some friends and closer to others in the past weeks.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071  
Let go of the atmosphere that has been developing between you and a close one. Work on what you have in common, not the issues you differ upon.

### ARIES

MAR 21-APR 19

For more call 0905 817 2060  
You're not too proud to say you care but you worry too much what other people think. Try to take a step back and look at the bigger picture. Life's not so bad.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061  
It's been crisis time in relationships for a lot of Taurians but from today onwards you start to see with a little more clarity what needs to be done.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062  
Are you feeling the need to change? Why not do something about it? You've had a lot of emotional peaks and lows and it's the right time to move on.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063  
You don't seem to have the time you had hoped to socialise and see the faces passing through. Make the time though, as you know there is important news.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064  
Don't be afraid to act on your instincts and to follow your heart. Let your confident side shine. You can be who you want to be but it takes strength.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065  
Travel is better starred and you'll be glad to know you can finally sort out those finances. Just make sure that you are honest about how much you spend.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066  
It's a great time for improving your appearance, but you may want to do a lot of your improvements mentally not just physically right now.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067  
Saturn has his hands on your purse strings so you should be able to sort out problems that last month got the better of you. You're being noticed.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068  
Education and your future come to the fore. Some of you may decide to change what you do as a living and you can make a success of whatever you decide.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069  
Many of your sign have taken on more than they can handle and you should use today to take stock of where they've been and where they want to go.

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## Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? And then making a new friend with a life-sized talking bear?

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a pair of tickets to the nearby cinema.

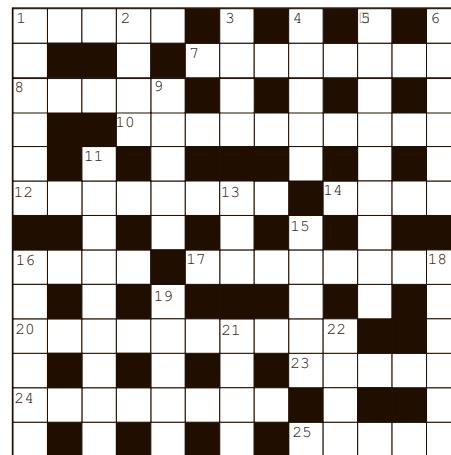
In addition, the winner takes home a Ted goodie bag containing a cap, T-shirt and your own talking Ted.

To be in with a chance of winning, just tell us the name of the actor who voices the

impish Ted now showing at Cineworld. Email your answer to newdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is August 10, 2012.

Include your name and postal address and the details and tickets will be posted to you.

## Crossword



ACROSS: 1. Of punishment (5), 7. Small fleet of ships or boats (8), 8. Hand digit (5), 10. Ancillary (10), 12. Halibut, say (8), 14. German man (4), 16. To be important, rate (4), 17. Throw overboard (8), 20. Merry and playful (10), 23. Piece of cloth used for mending (5), 24. Unnecessary (8), 25. Mouse-like mammal (5)

## DOWN

1. Postpone (3,3), 2. Objectives (4), 3. Unfortunately (4), 4. To follow a course (5), 5. Unable to relax (3,2,4), 6. Solicitor (6), 9. Polishers (5), 11. Gardening machine (4,5), 13. Female person or animal (3), 15. Cricket stick (5), 16. Reimburse (6), 18. Brother's son (6), 19. Church gangway (5), 21. Cummerbund (4), 22. Every (4)

## Sudoku

### EASY

6	5	4	2		7
3	1				9
9		6			
5	8		1		
2	4			1	5
		2		7	4
			8		6
6			9	2	
3		5	9	8	4

### HARD

7	5		3	
2		1		4
	4	8	3	
1	9	5		2
5	7	3	8	
9	6	5	7	
8		2		9
	3	8	6	

## GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

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# Catching the wakeboarding bug on docks

**WATERSPORTS** We go for a lesson at WakeUp Docklands

**S**ome say the best way to see London is by water. But I'm fairly confident my first encounter with the Royal Docks is one that won't have been shared by many.

On a warm, summer evening, I viewed the shining lights of the Canary Wharf skyline from a stretch of water that glistened in the sunlight, clad in a helmet, inflatable jacket and an unforgiving wetsuit.

In a city swamped with Olympic fever, I was a bag of nerves floating in the salty waters after accepting the challenge of a wakeboarding session at the recently-opened WakeUp Docklands.

Co-owner Joe Radmore gave up a career in finance to pursue a dream of "energising" the waters of the capital.

Supported by a dedicated team of enthusiasts, the 32-year-old set up his facility, which runs on a speed-controlled rope, in the heart of the docks.

"We are really proud to give Londoners something they can actually do," he said. "For the local kids around here there is not a lot for them and this should be one of the better things to do in the city if you're bored on a sunny day."

"We have got our base here, now we really want to energise the rest of the water."

WakeUp is designed for everyone from first-timers to professionals, who can show off their prowess on the board with a dedicated obstacle course. I was very much the beginner. And an uncoordinated, fairly clumsy one at that.

But much-needed reassurance came in the form of statistics, when Joe explained that 100 per cent of guests, including enthusiastic kids as young as eight, had managed to stand up on their wakeboard on the first attempt.

So, with my feet strapped into my board, my friendly (and, it must be said, very patient) instructor Lee guided me through the key manoeuvres.

Filled with a little more confidence and a nervous smile I attempted my first glide on the water. Granted, it took me a while to get the hang of the "arms stretched" part, as my natural reaction was to pull the rope towards



me, throwing me off-balance and resulting in often face-first splashes in the water.

But after a few stutters and starts, I began to break free from the safety of the crouch position and stand tall on the board. And boy did it feel good.

The docks were smattered with a helping of tourists, cyclists and residents taking an evening stroll and I was speeding through the water for the full stretch of the course.

By the end of the hour-and-a-half session, I'd firmly caught the wakeboarding bug.

As I made my final trip back to base, confidently leading the board through the calm waters with the left side of my body, I cast my mind back to a childhood dream of surfing in the fictional Summer Bay, of *Home And Away*.

And that's when I misjudged my balance and plunged into the shimmering waters of the Royal Docks, coming straight back to reality.

While I will never have the skills to be a part of Joe's Olympic dream – to cement wakeboarding as a competitive sport in time for the 2020 Games – I'll certainly be visiting again.

Go to [wakeupdocklands.com](http://wakeupdocklands.com).

**Beth Allcock**

## Our verdict

Despite the muscle ache this was fantastic

★★★★★

## WEEKEND FLUTTER

### OLYMPIC PICKS

■ Australian Sally Pearson (at 4-7) in the women's 100m hurdles. She's World Champion, is fastest in the world in 2012 and was 1-3 for Olympic gold before defeat in her final race before the Games, but that setback should only fire her on.

**Blessing Okagbare** (10-1) in the women's 100m. None of the big guns has been in sparkling form this year and the young Nigerian could do well.

**Kirani James** (11-4) in the men's 400m. The unheralded Grenadian youngster stunned the field at last year's World Championships and can upset favourite LaShawn Merritt.



Have a bet on Sally Pearson

### WITH THE RACING POST

**Christian Taylor** (5-4) in the men's triple jump. World Champion at just 22, the American is still improving and terrific value at odds-against.

### RACING

■ The Nassau Stakes takes place this Saturday at Glorious Goodwood, and it may well pay to take some of the 4-1 on offer about the John Gosden-trained **The Fugue**.

A scintillating winner of the Musidora Stakes at York back in May, she since has run well in defeat in the Epsom Oaks and then at Royal Ascot, but should be far happier now returned to this trip. **Ed Quigley**

For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)



Left, WakeUp offers rides at all levels. Above, The Wharf's Beth Allcock hits her stride on the Royal Docks

### WEIGHT LIFTING

**Zoe's joy as she breaks UK record**

GREENWICH teenager Zoe Smith broke the British clean and jerk record at the Excel Centre on Monday.

The 18-year-old finished 11th overall in the women's -58kg event, with China's Li Xueying setting an Olympic record to win gold.

"There was mention of competing at -63kg, but only when I nearly didn't make weight," said Smith afterwards. "I weighed in at 57.98kg, which is pretty close."

"The plan was always for me to compete at -58kg, just for experience, because that is where I'll hopefully be winning a medal in 2016."

"It seems a long way off but I'll have a lot more experience after the next four years."

She said the support she received at would spur her on to future success.

"Sixty fans at the British championships is amazing, so 6,000 was beyond belief," said Smith, who was born in Greenwich and now lives in Abbey Wood.

**Rob Virtue**



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